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# Cape Romain, SC - Jan 2026

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | 5:19 | 5.4 | 5:43 | 4.2 | 11:55 | -0.3 | 11:52 | -0.8 | 7:20 | 5:21 | |
| 2 | Fri | 6:18 | 5.5 | 6:40 | 4.4 | | | 12:51 | -0.5 | 7:20 | 5:22 | |
| 3 | Sat | 7:13 | 5.6 | 7:36 | 4.4 | 12:49 | -1.0 | 1:43 | -0.6 | 7:20 | 5:23 | |
| 4 | Sun | 8:07 | 5.6 | 8:31 | 4.5 | 1:43 | -1.0 | 2:33 | -0.6 | 7:20 | 5:24 | |
| 5 | Mon | 8:57 | 5.4 | 9:23 | 4.5 | 2:36 | -0.9 | 3:21 | -0.6 | 7:20 | 5:24 | |
| 6 | Tue | 9:45 | 5.1 | 10:15 | 4.4 | 3:26 | -0.7 | 4:07 | -0.4 | 7:21 | 5:25 | |
| 7 | Wed | 10:31 | 4.8 | 11:05 | 4.4 | 4:17 | -0.4 | 4:52 | -0.2 | 7:21 | 5:26 | |
| 8 | Thu | 11:17 | 4.5 | 11:57 | 4.3 | 5:09 | -0.1 | 5:38 | -0.1 | 7:21 | 5:27 | |
| 9 | Fri | | | 12:03 | 4.2 | 6:03 | 0.2 | 6:25 | 0.1 | 7:21 | 5:28 | |
| 10 | Sat | 12:47 | 4.2 | 12:50 | 3.9 | 7:00 | 0.4 | 7:12 | 0.2 | 7:20 | 5:29 | |
| 11 | Sun | 1:38 | 4.2 | 1:39 | 3.7 | 7:58 | 0.6 | 8:00 | 0.3 | 7:20 | 5:29 | |
| 12 | Mon | 2:30 | 4.2 | 2:30 | 3.6 | 8:54 | 0.6 | 8:49 | 0.4 | 7:20 | 5:30 | |
| 13 | Tue | 3:23 | 4.2 | 3:25 | 3.5 | 9:49 | 0.6 | 9:39 | 0.3 | 7:20 | 5:31 | |
| 14 | Wed | 4:16 | 4.3 | 4:19 | 3.6 | 10:40 | 0.5 | 10:29 | 0.2 | 7:20 | 5:32 | |
| 15 | Thu | 5:06 | 4.5 | 5:09 | 3.6 | 11:28 | 0.4 | 11:16 | 0.1 | 7:20 | 5:33 | |
| 16 | Fri | 5:51 | 4.6 | 5:55 | 3.7 | | | 12:12 | 0.2 | 7:20 | 5:34 | |
| 17 | Sat | 6:33 | 4.7 | 6:36 | 3.8 | 12:00 | 0.0 | 12:53 | 0.1 | 7:19 | 5:35 | |
| 18 | Sun | 7:12 | 4.8 | 7:16 | 3.9 | 12:42 | -0.2 | 1:32 | 0.0 | 7:19 | 5:36 | |
| 19 | Mon | 7:49 | 4.8 | 7:53 | 4.0 | 1:24 | -0.3 | 2:09 | -0.1 | 7:19 | 5:37 | |
| 20 | Tue | 8:24 | 4.7 | 8:29 | 4.1 | 2:04 | -0.4 | 2:45 | -0.2 | 7:18 | 5:38 | |
| 21 | Wed | 8:58 | 4.7 | 9:07 | 4.2 | 2:46 | -0.4 | 3:22 | -0.3 | 7:18 | 5:39 | |
| 22 | Thu | 9:33 | 4.6 | 9:49 | 4.3 | 3:29 | -0.3 | 4:00 | -0.3 | 7:17 | 5:40 | |
| 23 | Fri | 10:12 | 4.4 | 10:36 | 4.4 | 4:15 | -0.2 | 4:42 | -0.3 | 7:17 | 5:41 | |
| 24 | Sat | 10:58 | 4.2 | 11:30 | 4.5 | 5:08 | 0.0 | 5:30 | -0.3 | 7:17 | 5:41 | |
| 25 | Sun | 11:53 | 4.0 | | | 6:08 | 0.2 | 6:24 | -0.3 | 7:16 | 5:42 | |
| 26 | Mon | 12:31 | 4.5 | 12:56 | 3.8 | 7:16 | 0.3 | 7:25 | -0.3 | 7:16 | 5:43 | |
| 27 | Tue | 1:39 | 4.6 | 2:06 | 3.7 | 8:27 | 0.3 | 8:29 | -0.3 | 7:15 | 5:44 | |
| 28 | Wed | 2:53 | 4.7 | 3:21 | 3.7 | 9:37 | 0.2 | 9:36 | -0.4 | 7:14 | 5:45 | |
| 29 | Thu | 4:07 | 4.9 | 4:33 | 3.9 | 10:42 | 0.0 | 10:41 | -0.6 | 7:14 | 5:46 | |
| 30 | Fri | 5:12 | 5.1 | 5:35 | 4.1 | 11:41 | -0.3 | 11:41 | -0.8 | 7:13 | 5:47 | |
| 31 | Sat | 6:09 | 5.2 | 6:30 | 4.3 | | | 12:35 | -0.5 | 7:13 | 5:48 | |